

ARIEL DEVELOPEMENT INC.

FALL PROTECTION WORK PLAN

1. Why do we need a fall protection work plan?
 - a. Falls from elevation are a major cause of injuries in the construction industry.
 - b. WISHA Regulations require us to evaluate our worksite to identify fall hazards.
 - c. We must then eliminate or control the fall hazards you identify.
2. If fall hazards of 10 feet or more exist, you must provide a written plan which identifies:
 - a. All fall hazards in the work area
 - b. The methods you and your employees will use to eliminate and control them
 - c. Correct procedures for assembly, maintenance, inspection, and disassembly of fall prod.
 - e. Correct procedures for handling, storage, and securing of tools and materials
 - f. The method of providing overhead protection
 - g. The method for prompt, safe removal of injured workers
 - h. Training methods for the employees working on the jobsite
3. The fall protection work plan must be specific to the work site
4. The fall protection work plan must be available on the work site for review
5. The documentation of training must be available on the work site for review

Fall Hazard Identification and Protection Selection Worksheet

On the table below, identify each fall hazard of 10 feet or more that exists or will exist during this construction project and then select the protection method from the options identified below the table.

✓	Hazard Type	General Location(s)	Fall Protection Method	Overhead Protection Method
	Floor Openings			
	Window Openings			
	Open-sided Floors			
	Decks			
	Balconies			
	Mobile Lift Work			
	Other _____			

Fall Protection Methods: Select a fall protection method from the list below for each hazard identified above. Assembly and implementation instructions for the method(s) used are located elsewhere in this document.

() Standard Guardrails () Fall Arrest Harness () Fall Restraint Harness/Belt

() Warning Line System
() Warning Line & Safety Monitor

() Safety Net
() Positioning Belt

() Cover or Hatch
Other: _____

Overhead Hazard Protection Methods: For each overhead hazard identified, specify the method(s) of protection for workers below. Refer to the "Overhead Protection" Section of this plan for any special installation instructions.

() Hard Hats Required
() Overhead Hazard Signs
() Debris Nets
() Toe Boards on Guardrails

() Screens on Guardrails
() Barricade to Control Access to Area
Other: _____
Other: _____

Fall Protection System Assembly and Maintenance

Fall protection systems will be assembled and maintained according to manufacturer's instructions when using a manufactured system. A copy of those instructions is available on-site for reference. Any fall protection system used will meet WISHA regulations as contained in WAC 296-155 Part C-1. Assembly and maintenance instructions unique to this worksite such as components, placement of systems, anchor points, areas where systems are particularly subject to damage, etc., are specified below.

Standard Guardrails must:

1. Be 39" to 45" above the work surface at top rail with midrail and toe board.
2. Be able to withstand 200 pounds of pressure on the top rail in any direction.
3. Not have significant deflection.
4. Be inspected regularly for damaged or missing components.

Note: A guardrail does not protect a person standing on a ladder, box, or other surface above the work surface.

Post Material: _____ Rail Material: _____

Post Spacing (8' max): _____ Anchor Method: _____

Other Instructions: _____

Fall Arrest Harness:

1. Must have anchor points capable of withstanding a 5000 pound shock unless a deceleration device in use limits fall to 2 feet, in which case a 3000 pound anchor point may be used.
2. Free fall may not exceed 6'.
3. A lower level may not be contacted during a fall.
4. Lifelines must be placed or protected to prevent abrasion damage.
5. Snap hooks may not be connected to each other, or to loops in webbing.
6. Inspect components for deformation, wear, and mildew.

System Component List: _____

Anchor Point at this worksite: _____

Configuration and placement sketch attached? Yes _____ No _____

Other Instructions: _____

Positioning Belt:

1. Employees must not be able to fall more than 2 feet.
2. The anchorage must be able to sustain 4 times the intended load.
3. Snap hooks must not be connected to each other, or to loops in webbing.

System Component List: _____

Anchor Point at this worksite: _____

Other Instructions: _____

Anchor points:

1. Must withstand 4 times the intended load.
2. Must ***always*** prevent a free fall from the work surface. (Several alternate anchor points may be necessary to achieve this requirement.)
3. Inspect components for deformation, wear and mildew.

System Component List: _____

Anchor Point at this worksite: _____

Configuration and placement sketch attached? Yes _____ No _____

Other Instructions: _____

Safety Nets must:

1. Be installed within 30 feet vertically of the work surface.
2. Extend out from the outermost projection of the work surface as specified below.
3. Must be tested or certified to withstand a 400 pound object dropped from the highest work surface.
4. Mesh at any point must not exceed 36 square inches with the largest opening being 6 inches side to side.
5. Inspect weekly for mildew, wear or damage and remove any objects in net as soon as possible.

A person falling into the net cannot contact any object below the net.

System Component List: _____

Anchor Point at this worksite: _____

Maximum Fall Distance from Work Surface to Net: _____ Feet

Distance from Outer Edge of Net to Outermost Edge of Work Surface:

_____ Up to 5' Fall = 8 Feet _____ 5' to 10' Fall = 10 Feet _____ > 10' Fall = 13 Feet

Configuration and placement sketch attached? Yes _____ No _____

Other Instructions: _____

Covers or Hatches must:

1. Be able to support twice the weight of employees and equipment that would be on it at the same time or twice the maximum axle load of the largest vehicle that would cross it.

2. Be secured to prevent accidental displacement.
3. Be marked with the word "Cover" or "Hole".

Material to use: _____

Other Instructions: _____

Warning Line Systems must:

1. Block access to all fall hazards in the work area.
2. Be placed 6 feet back from the edge.
3. Be made of rope wire or chain between 39" and 45" above the surface height.
4. Be flagged at 6 foot intervals
5. Be attached to stanchions such that pulling on one section of chain will not take up slack in the other sections.
6. Have stanchions that are able to withstand a 16-pound force applied horizontally at 30" high.

System Component List: _____

Configuration and placement sketch attached? Yes _____ No _____

Other Instructions: _____

Controlled Access Zones must:

1. Meet the "Warning Line System" requirements described above, 6' to 25' back from the edge plus the following when employees work between the fall hazard and the warning line ("control zone").
2. Have a competent person designated as "Monitor" who
 - a. Wears a high-visibility vest marked "Monitor".
 - b. Is in visual and voice range of employees in the control zone
 - c. Is on the same working surface
 - d. Has no other duties except watching, warning and directing employees regarding fall hazards.
 - e. Has a maximum of eight employees working in the control zone (all of whom also wear high-visibility vests and are easily distinguishable from the Monitor).

This system is not to be used in adverse weather conditions such as snow, rain, or high wind, nor after dark.

Monitor(s): _____

Control Zone Employees:

_____	_____
_____	_____
_____	_____
_____	_____

Other Fall Protection System: Provide a description of how the system is to be assembled, disassembled, operated, inspected, and maintained, including specifications for materials to be used in its construction:

First Aid Trained Employee(s) On Site:

Name: _____ Title: _____

Name: _____ Title: _____

First Aid Kit Location(s): _____

Nearest Medical Facility: _____

Emergency Services Phone Numbers:

Medical: _____ Fire: _____ Police: _____

Location of Nearest Telephone: _____

If a crew member is injured at elevation, the supervisor will evaluate the employee's condition and administer first aid. Emergency services will be called as needed. If an injured employee can't return to ground level, the employee will be brought down to a lower level by emergency services. The following equipment is available on site to facilitate lowering the injured worker:

Employee Training:

All employees must be instructed on the provisions of this plan and have been trained in the proper use of the fall protection equipment involved. By signing this document, the employees acknowledge that they understand the plan and have been trained in the use of the equipment.

Name:	Signature:	Date:

The competent person's signature verifies that the hazard analysis has been done, the employees informed of the plan's provisions and that employees have received training in the fall protection systems in use:

Name:	Signature:	Date: